

Spicy Foods	Low Sodium	Low Fat & Cholesterol	Low Carb (40-60g)	Item Number	
FOOD FOR ALL FROZEN ENTREES					
	♦	♥		1	Vegetable Lasagna, Harvard Beets, Blueberry Cobbler
	♦		♣	2	Spinach & Pepper Quiche, Vegetarian Sausage Patty, Warm Cinnamon Apples
		♥	♣	4	Macaroni & Cheese, Sautéed Spinach, Oatmeal Cake Bake
ASIAN INSPIRED OPTIONS					
	♦	♥		10	Sweet & Sour Pork, Rice, Stir Fried Cabbage, Pineapple Cake
	♦	♥	♣	12	Sesame Chicken, White Rice, Wax Beans & Peppers, Pineapple Cake
LATIN INSPIRED OPTIONS					
	♦	♥	♣	23	Chicken Cacciatore, Sautéed Spinach, Rice Pudding
☺	♦			26	Beef Enchilada Bake, Cilantro Rice, Apple Cobbler
☺	♦		♣	27	Dirty Rice with Pork and Beef, Black Eyed Peas, Cherry Cobbler
SOUTHERN FOOD OPTIONS					
	♦			30	Country Fried Chicken, Mashed Potatoes, Sweet Corn, Peach Cobbler
☺	♦	♥	♣	31	Blackened Tilapia, Sautéed Spinach, Rice Pudding
			♣	32	Smothered Pork Chop, Collard Greens, Warm Cinnamon Apples
☺	♦	♥	♣	33	Beef Chili, Wax Beans & Peppers, Banana Bread Pudding
ITALIAN CUISINE OPTIONS					
	♦	♥	♣	40	Spaghetti with Meat Sauce, Green Beans & Carrots, Peach Crisp
		♥		41	Lasagna with Italian Sausage, California Vegetables, Warm Cinnamon Apples
		♥		43	Chicken Parmesan, Penne Marinara, Brussel Sprouts, Warm Cinnamon Apples
				49	Vegetable Alfredo, Wax Beans & Peppers, Banana Caramel Cake
COMFORT FOODS OPTION					
			♣	50	Herb Roasted Chicken, Brussel Sprouts, Cherry Crisp
	♦	♥	♣	51	BBQ Chicken Thigh, Collard Greens, Banana Bread Pudding
	♦	♥		52	Chicken & Rice Casserole, Sautéed Carrots, Warm Cinnamon Apples
			♣	59	Beef Tips & Gravy, Mashed Potatoes, Green Beans, Carrots, Peaches & Cream
				61	Shephard's Pie, Cheesy Mashed Potatoes, Sweet Red Cabbage, Cheesecake
		♥		62	Meatloaf, Gravy, Mashed Potatoes, Stewed Tomatoes, Corn Pudding
	♦	♥	♣	63	Tender Pork Roast, Mashed Potatoes, Corn, Peas & Carrot Mix, Rice Pudding
	♦	♥	♣	64	Hungarian Goulash, Sweet & Sour Cabbage, Cinnamon Apples
				65	Chicken Pot Pie, Maple Glazed Carrots, Apple Crumb Cake
			♣	77	Sloppy Joes, Baked Beans with Peppers, Chocolate Zucchini Cake
	♦		♣	78	BBQ Pulled Pork, Potatoes O'Brien, Peach Crisp
BREAKFAST FOOD OPTIONS					
			♣	73	Quiche Lorraine, Potatoes O'Brien, Peach Crisp
				74	Maple Cream French Toast Bake, Rutabaga Hash, Pork Sausage Links
			♣	76	House Made Corned Beef Hash, Scrambled Eggs, Peach Cobbler